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**ANTHONY FAMIGLIETTI TO CHALLENGE 2007 USA MEN'S 10 MILE CHAMPION ABDI
ABDIRAHMAN AT MEDTRONIC TC 10 MILE**

USA Men's Championship field will compete for \$25,000 prize purse October 4

(Minneapolis)- Three-time Olympian Abdi Abdirahman will return to defend his 2007 USA Men's 10 Mile Championship title, which he picked up at the Medtronic TC 10 Mile that year (*there was no USA Men's 10 Mile Championship in 2008*). Challenging Abdirahman will be 2009 15K Champion Anthony Famiglietti, who's looking to take home \$10,000 for a first place finish on Sunday, October 4.

Abdirahman owns the Medtronic TC 10 Mile course record from his race in 2007, (set on a temporary course) when he finished in a quick 47:34. "Abdi" and "Fam" face tough competition from recent 2nd place finisher at USA 20K Championship Mohamed Trafef, and Team USA Minnesota favorites Jason Lehmkuhle and Patrick Smyth.

"We are pleased to host the USA Men's 10 Mile Championship again this year, especially with the talented field coming in from all over the country," said executive director of Twin Cities Marathon, Inc. Virginia Brophy Achman. "This will be a tough competition with a very deep men's field, many who've competed in this event before, some who will move on to compete for the USA Men's Marathon Championship in New York later this year."

2008 Medtronic TC 10 Mile Champion Josh Glaab returns to defend his race title and to compete in the national championship as well. Other top competitors include:

Early USA Men's 10 Mile Championship Top Ten Seeding List (*P.R.'s related to 10 Mile or closest distance*)

First Name	Last Name	Age	Residence	P.R.	Distance
Anthony	Famiglietti	30	Knoxville, TN	27:37	10K (track)
Abdi	Abdirahman	32	Tucson, AZ	27:16	10K (track)
Mohamed	Trafef	24	Flagstaff, AZ	59:51	20K
Jason	Lehmkuhle	32	Minneapolis, MN	47:78	10 Mile
Patrick	Smyth	23	Minneapolis, MN	28:25	10K
Mike	Sayenko	25	Bellevue, WA	29:07	10K (track)
Morgan	Thomas	28	Bowling Rock, NC	22:36	8K (road)
Ian	Burrell	24	Flagstaff, AZ	28:42	10K (road)
Josh	Moen	27	St. Louis Park, MN	28:26	10K
Jordan	Horn	24	Flagstaff, AZ	29:02	10K

The USA Men's 10 Mile Championship is a USA Track & Field national championship event that starts with the open Medtronic TC 10 Mile field at 7:05 a.m., Sunday, October 4. Also known as "The Shortcut to the Capitol" the race starts near the HHH Metrodome, and follows the last seven miles of the Medtronic Twin Cities Marathon route before finishing in front of the State Capitol.

About Medtronic Twin Cities Marathon Weekend

The Most Beautiful Urban Marathon in America® is recognized as one of the top marathons and great road races of our time and registration is currently underway. Join us as the tradition continues October 2-4. The three-day weekend celebration of fitness

includes the inaugural TC 10K, a 5K run/walk, children's fun runs, pasta dinner, health and fitness expo and Medtronic TC 10 Mile, in addition to the marathon. Medtronic is the title sponsor of marathon race weekend events. Visit mtcmarathon.org for more information.

About Twin Cities Marathon, Inc.

Twin Cities Marathon, Inc. is the non-profit organization that organizes running events throughout the year, including the 5th Annual Medtronic TC 1 Mile, 28th Annual Medtronic Twin Cities Marathon, 11th Annual Medtronic TC 10 Mile, the inaugural TC 10K, the 23rd Annual Medtronic TC Family Events & TC 5K and Medtronic TC Kids Marathon program and related events, as a community service for the Minneapolis/St. Paul area. Visit mtcmarathon.org for more information and on our [Twin Cities Marathon, Inc. page](#) on Facebook.

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